



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09040, Bananas, raw

Report Date: June 29, 2017 22:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	74.91	20	0.286	71.3	78.2	2.0	73.808	76.021	6	Analytical or derived from analytical	--	12/2002
Energy	kcal	89	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	371	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	1.09	12	0.022	0.75	1.31	1.0	0.81	1.379	3	Analytical or derived from analytical	--	12/2002
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	g	0.33	19	0.067	0.07	0.7	1.0	-0.47	1.127	5	Analytical or derived from analytical	--	12/2002
Ash <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.82	12	0.030	0.43	1	1.0	0.445	1.197	3	Analytical or derived from analytical	--	12/2002
Carbohydrate, by difference	g	22.84	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">6</a> <a href="#">7</a>	g	2.6	13	0.129	1.7	3.7	1.0	1.639	3.472	5	Analytical or derived from analytical	--	12/2002
Sugars, total <a href="#">2</a> <a href="#">3</a>	g	12.23	8	1.034	7.51	16.21	3.0	9.101	15.364	2	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">2</a> <a href="#">3</a>	g	2.39	8	0.546	0.45	4.12	6.0	1.053	3.729	2	Analytical or derived from analytical	--	12/2002
Glucose (dextrose) <a href="#">2</a> <a href="#">3</a>	g	4.98	8	0.806	1.79	8.13	4.0	2.697	7.263	2	Analytical or derived from analytical	--	12/2002
Fructose <a href="#">2</a> <a href="#">3</a>	g	4.85	8	0.658	2.34	7.52	4.0	3.046	6.649	2	Analytical or derived from analytical	--	12/2002
Lactose <a href="#">2</a> <a href="#">3</a>	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Maltose <a href="#">2</a> <a href="#">3</a>	g	0.01	8	0.014	0	0.11	3.0	-0.03	0.058	2	Analytical or derived from analytical	--	12/2002
Galactose <a href="#">2</a> <a href="#">3</a>	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Starch <a href="#">2</a> <a href="#">3</a>	g	5.38	8	0.564	3	9.39	5.0	3.892	6.873	2	Analytical or derived from analytical	--	12/2002
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	5	45	0.047	4	7	6.0	5.014	5.241	14	Analytical or derived from analytical	--	12/2002
Iron, Fe <a href="#">1</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.26	42	0.001	0.19	0.41	10.0	0.252	0.259	13	Analytical or derived from analytical	--	12/2002
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	27	45	0.475	18	38	1.0	22.862	31.276	14	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	22	45	0.171	15	29	11.0	21.231	21.984	14	Analytical or derived from analytical	--	12/2002
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	358	45	1.911	308	426	7.0	353.56	362.603	14	Analytical or derived from analytical	--	12/2002
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	1	45	0.395	0	5	1.0	-4.03	5.972	14	Analytical or derived from analytical	--	12/2002
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.15	45	0.001	0.11	0.24	10.0	0.148	0.153	14	Analytical or derived from analytical	--	12/2002
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.078	45	0.011	0.03	0.19	1.0	-0.052	0.209	14	Analytical or derived from analytical	--	12/2002
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">17</a> <a href="#">18</a>	mg	0.270	45	0.007	0.12	0.83	10.0	0.254	0.285	14	Analytical or derived from analytical	--	12/2002
Selenium, Se <a href="#">2</a> <a href="#">3</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">17</a> <a href="#">18</a>	µg	1.0	31	0.289	0	5.4	8.0	0.339	1.658	11	Analytical or derived from analytical	--	12/2002
Fluoride, F <a href="#">2</a>	µg	2.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">3</a>	mg	8.7	8	0.434	8	9.5	2.0	6.864	10.601	2	Analytical or derived from analytical	--	12/2002
Thiamin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.031	12	0.006	0.01	0.05	1.0	-0.04	0.101	3	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.073	12	0.008	0.05	0.12	1.0	-0.027	0.173	3	Analytical or derived from analytical	--	12/2002
Niacin <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.665	12	0.002	0.54	0.75	1.0	0.639	0.692	3	Analytical or derived from analytical	--	12/2002
Pantothenic acid <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.334	12	0.010	0.27	0.55	1.0	0.209	0.46	3	Analytical or derived from analytical	--	12/2002
Vitamin B-6 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.367	12	0.010	0.3	0.42	1.0	0.242	0.493	3	Analytical or derived from analytical	--	12/2002
Folate, total <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	μg	20	11	0.472	8	27	1.0	14.299	26.289	3	Analytical or derived from analytical	--	12/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	20	11	0.472	8	27	1.0	14.299	26.289	3	Analytical or derived from analytical	--	04/2006
Folate, DFE	μg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Choline, total <a href="#">2</a>	mg	9.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine <a href="#">2</a>	mg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	µg	26	10	2.167	14	58	1.0	-1.497	53.563	3	Analytical or derived from analytical	--	12/2002
Carotene, alpha <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	µg	25	8	4.438	10	75	1.0	-31.446	81.321	3	Analytical or derived from analytical	--	12/2002
Cryptoxanthin, beta <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Vitamin A, IU <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	IU	64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lycopene <a href="#">2</a> <a href="#">3</a>	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
Lutein + zeaxanthin <a href="#">2</a> <a href="#">3</a>	µg	22	6	2.520	13	27	2.0	9.257	34.077	2	Analytical or derived from analytical	--	12/2002
Vitamin E (alpha-tocopherol) <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	0.10	15	0.054	0.03	0.37	1.0	-0.545	0.747	4	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	0.00	15	0.000	0	0	--	--	--	4	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	0.02	15	0.015	0	0.07	1.0	-0.171	0.211	4	Analytical or derived from analytical	--	12/2002
Tocopherol, delta <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a>	mg	0.01	15	0.010	0	0.04	1.0	-0.117	0.137	4	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <a href="#">3</a> <a href="#">19</a> <a href="#">20</a>	µg	0.5	6	0.075	0.2	0.9	1.0	-0.427	1.479	3	Analytical or derived from analytical	--	12/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.112	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0	g	0.001	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0	g	0.002	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.002	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0	g	0.102	5	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0	g	0.005	5	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
16:1 undifferentiated	g	0.010	5	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated	g	0.022	5	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated	g	0.046	5	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated	g	0.027	5	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Amino Acids</b>													
Tryptophan <sup>2 3</sup>	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Threonine <sup>2 3</sup>	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Isoleucine <sup>2 3</sup>	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine <a href="#">2</a> <a href="#">3</a>	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Lysine <a href="#">2</a> <a href="#">3</a>	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Methionine <a href="#">2</a> <a href="#">3</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Cystine <a href="#">2</a> <a href="#">3</a>	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Phenylalanine <a href="#">2</a> <a href="#">3</a>	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Tyrosine <a href="#">2</a> <a href="#">3</a>	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Valine <a href="#">2</a> <a href="#">3</a>	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Arginine <a href="#">2</a> <a href="#">3</a>	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Histidine <a href="#">2</a> <a href="#">3</a>	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Alanine <a href="#">2</a> <a href="#">3</a>	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid <a href="#">2</a> <a href="#">3</a>	g	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Glutamic acid <a href="#">2</a> <a href="#">3</a>	g	0.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Glycine <a href="#">2</a> <a href="#">3</a>	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Proline <a href="#">2</a> <a href="#">3</a>	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Serine <a href="#">2</a> <a href="#">3</a>	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000



**Sources of Data**<sup>1</sup>**Produce Marketing Association (PMA) Nutrient Content of Banana, 1990**<sup>2</sup>**Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5g, 2001 Beltsville MD**<sup>3</sup>**Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4f, 2000 Beltsville MD**<sup>4</sup>**Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD**<sup>5</sup>**Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1997, 1997 Beltsville MD**<sup>6</sup>**J Marlett Content and composition of dietary fiber in 117 frequently consumed foods, 1992 Journal of the American Dietetic Association 92 2**<sup>7</sup>**National Cancer Institute (NCI), DHHS Total dietary fiber content of selected foods, 1992**<sup>8</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995**<sup>9</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996**<sup>10</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997**<sup>11</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998**<sup>12</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999**<sup>13</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991**<sup>14</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992**<sup>15</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989**<sup>16</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990**<sup>17</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993**<sup>18</sup>**Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994**<sup>19</sup>**S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579**<sup>20</sup>**G. Ferland, D. MacDonald, J.A. Sadowski Development of a diet low in vitamin K (phylloquinone), 1992 J. American Dietetic Assoc 92 5 pp.593-597**<sup>21</sup>**de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337**<sup>22</sup>**Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617**<sup>23</sup>**Hellström, Törrönen, A.R., and Matilla, P.H. Proanthocyanidins in common food products of plant origin, 2009 J. Agric. Food Chem. 57 pp.7899-7906**<sup>24</sup>**Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. Flavonoid content of U.S. fruits, vegetables, and nuts, 2006 J. Agric. Food Chem. 54 pp.9966-9977**<sup>25</sup>**Pei et al Unpublished data, 2015**<sup>26</sup>**Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods., 2000 J. Agric. Food Chem. 48 pp.1746-1751**<sup>27</sup>**de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages., 2000 J. Agric. Food Chem. 48 pp.5331-5337**<sup>28</sup>**del Mar Verde MJndez, C., Foster, M.P., Rodríguez-Delgado, M.Á., Rodríguez-Rodríguez, E.M., and Romero, C.D. Content of free phenolic compounds in bananas from Tenerife (Canary Islands) and Ecuador., 2003 Eur. Food Res. Technol 21 pp.287-290**<sup>29</sup>**Lugasi, A. and Hovari, J. Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71**<sup>30</sup>**Kevers, C., Falkowski, M., Tabart, J., Defraigne, J.-O., Dommes, J., and Pincemail, J. Evolution of antioxidant capacity during storage of selected fruits and vegetables, 2007 J. Agric. Food Chem. 55 pp.8596-8603**<sup>31</sup>**Lako, J., Trenerry, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods., 2007 Food Chemistry 101 pp.1727-1741**<sup>32</sup>**Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298**<sup>33</sup>**Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331**<sup>34</sup>**Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201**